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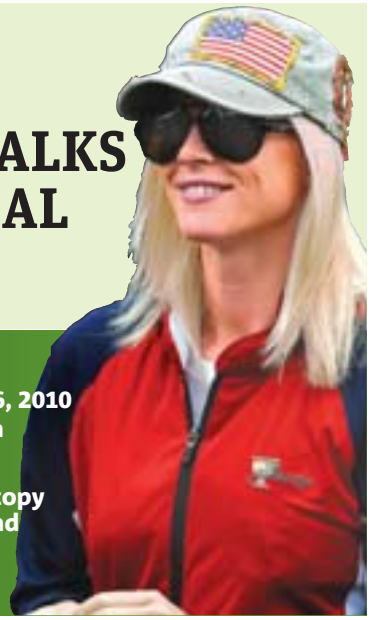
DEFINITELY GET ONE FOR THE ROAD
VANCOUVER'S BEST FOOD CARTS {page 32}

'HELL'
TIGER'S EX TALKS ABOUT ORDEAL
DISH {page 19}



VANCOUVER metro®
Thursday, August 26, 2010
www.metronews.ca
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▶ Murphy Patricia Delasalle, seen in a Facebook photo.
FACEBOOK.COM

Teen. Deceased

Teen dies after jump from SUV

Murphy Patricia Delasalle, 16, died after jumping from a moving SUV being driven by her mother. The West Vancouver teenager was rushed to hospital in critical condition but died soon after. According to police, she jumped out of the vehicle on her own. Story, page 3

Canucks sign Raffi Torres

Former Oiler expected to add some punch {page 33}

Shine a little light on ... you

Keeping things bright as the days get darker {page 29}

Road rage leads to knockout

▶ Drivers antagonized each other with back-and-forth tailgating ▶ Incident escalated into roadside fistfight ▶ One allegedly hit other on the ground, then took off

KRISTEN THOMPSON
@METRONEWS.CA

A North Vancouver man is sporting a black eye and has lost a tooth after being on the wrong end of a road rage incident on Highway 1.

The 45-year-old was driving his truck through Abbotsford on Tuesday morning when he got into an "exchange of gestures" with the driver of a Mercedes, police said yesterday.

"The driver of the Mercedes invited the man to pull over," said Const. Ian MacDonald.

"Once out of their respective vehicles, the Mercedes driver removed his shirt and (allegedly) initiated an assault."

"The incident offers several lessons regarding the benefits of responsible driving behaviour, as well as issues related to personal conduct and safety."
CONST. IAN MACDONALD

"The 45-year-old man was struck in the head and face while standing and while on the ground. He believes he briefly lost consciousness. The driver of the Mercedes left the area."

Road rage 101

What "drives" Vancouverites mad behind the wheel?

- One psychologist says drivers who road rage tend to think everyone else is at fault.
- Citytv traffic host Michel McDermott talks about Metro Vancouver's most congested spots.
- Cellphone use, aggressive driving and failure to use turn signals are enraging, local drivers say.
- For the whole story, see page 6.

What irks you the most when you're driving? Let us know on Twitter @vancouvermetro

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Trucker charged after tot run over

A Coquitlam man has been charged in the death of a two-year-old struck by a flatbed truck and killed while crossing a downtown intersection near Tinseltown with her mother one year ago today.

William Mah, 43, of Coquitlam, has been charged with dangerous driving causing death and dangerous driving causing bodily harm.

The child was in a stroller when she was struck and died at the scene. JEFF HODSON

FACEBOOK.COM

Jordan Krull

Local man found dead in Thailand

A 26-year-old Vancouver man visiting Thailand died after apparently falling off a train, authorities there said.

According to the Bangkok Post, it's believed Jordan Krull fell off, unnoticed, while standing on a step at an open doorway. He was found with a head wound and still had the equivalent of $269 and his passport on him.

Jordan's brother travelled to Thailand yesterday to retrieve the body.

METRO VANCOUVER

Empire Field. High-five record attempt

Paralympic skiier Josh Dueck, left, high-fives KJ Tan at Empire Field in Vancouver yesterday.

CONTRIBUTED

Raise your hand and say, 'Yes we can!'

Paralympic skiier Josh Dueck will be at Empire Field on Friday and at the PNE on Saturday trying to break the Guinness World Record for giving the most high-fives in 24 hours. The official record is 3,000. The challenge is part of WorksafeBC's Raise Your Hand campaign to raise awareness about youth workplace safety.

Pickton tipsters to share $100K

The six recipients will not be identified What information they shared with investigators was not released

JEFF HODSON
@METRONEWS.CA

Six people will share a $100,000 reward for information leading to the conviction of Robert Pickton for the murder of women from the Downtown Eastside, Vancouver's police board announced yesterday.

Reward

- The reward was first issued in 1999 and consisted of $30,000 from Vancouver police and $70,000 from the Ministry of Public Safety.

Board member Jason McLean said tipsters received varying amounts and the allocation of the reward was based on recommendations from the Ministry of the Solicitor General, Pickton investigators (Project Evenhanded) and the city's legal department.

McLean said "rewards can play a very important role" in generating leads for investigators and said the VPD has a good history of using monetary rewards where appropriate.

Pickton was convicted of six counts of second-degree murder in December 2008. That conviction was upheld this month by the Supreme Court of Canada.

The exact number of people who applied for the reward was not known, although it was more than six.

Teen killed after leap from moving vehicle

A 16-year-old girl has died after jumping from a moving SUV in West Vancouver, apparently during an argument with her mother.

Murphy Patricia Delasalle was rushed to hospital in critical condition when the teenager unexpectedly "exited the vehicle" in the 400 block of Keith Road on Tuesday night, Const. Jeff Palmer said.

"No evidence of criminal action has been identified," Palmer said. "Investigators have found no evidence to indicate the girl's exit from the vehicle was against her will."

KRISTEN THOMPSON

FACEBOOK.COM

Murphy Patricia Delasalle

News in brief

Search is on for young boy

DISAPPEARANCE. Police in Surrey are searching for a four-year-old boy, right, who disappeared with his father during a court-scheduled visitation.

RCMP

Yadhpreet Singh Sengha is missing with his biological father, Parmonkar Singh Bassi.

KRISTEN THOMPSON

New signs of missing hiker

EVIDENCE. There are new signs missing Vancouver hiker Tyler Wright is still alive.

Footprints and evidence of a slide path down the Bull Creek area near Squamish found yesterday are thought to have been made by Wright.

VANESSA YEE

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

SpinDoctor on what the popularity of an unusual Toronto mayoral candidate says about voters across Canada. More at metronews.ca/blogs

Follow us on Twitter @vancouvermetro

A single letter on your airplane ticket has a lot to say about you.

Missing plane found, four dead

A plane that went missing more than a week ago has been found in the southern Okanagan with all four people on board dead. The Transportation Safety Board said the Piper Comanche was located near Apex Mountain.

THE CANADIAN PRESS

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Fisherman presumed dead

A 33-year-old Delta fisherman is presumed drowned after rescuers failed to locate him yesterday.

The man was fishing with a friend on Tuesday evening when he fell into the Fraser River, RCMP said.

He was not wearing a life-jacket.

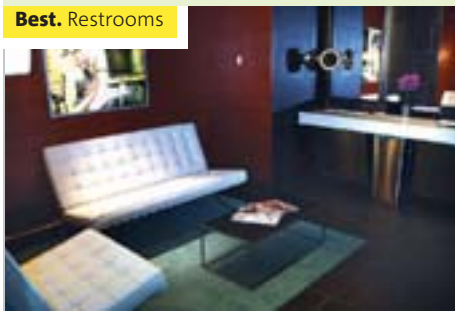
The man's friend attempted to rescue him, but soon needed to be helped from the rapid-moving water himself, said Corp. Lea-Anne Dunlop.

VANESSA YEE

50

If confirmed, this would be British Columbia's 50th drowning of 2010, according to Dale Miller of the Lifesaving Society of B.C. and the Yukon.

Best. Restrooms



▶ The restrooms at the Cactus Club, above, and the Shangri-La.

BESTRESTROOM.COM

Top 5 for number 1 and 2

Two of the five finalists as Canada's Best Restroom contest are from the Vancouver area — the johns at the Shangri-La hotel and the Cactus Club in Burnaby. Restrooms are judged on extravagance and cleanliness. Vote at bestrestroom.com.

Pot bears' stash stolen from police

Fake emergency call used to get Mounties to leave office Then, dynamite used to guard drugs

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

Thieves stole from police the marijuana that was confiscated from a plantation being guarded by bears, and this time used dynamite to protect their stash, RCMP said.

"Someone broke through the fence in the back, broke into the storage locker and stole the marijuana," Staff Sgt. Dan Seibel said. He added the pot was later located in Greenwood, B.C.

Justin Douglas faces charges related to possession of marijuana and 19 sticks of dynamite.

Explosives

Mounties suspect an explosives maker is distributing dynamite to B.C. pot growers.

When officers busted an unrelated marijuana grow-op in Christina Lake on Aug. 22, they found dynamite with identical lot numbers to the sticks found in the black bear grow-op bust, said Staff Sgt. Dan Seibel. "We are trying to determine the source of this dynamite and see if it was stolen," he said. "It's possible one person is selling dynamite to local criminals."

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Toronto Air + 3 Nights from $719 + taxes & fees $168
INCLUDES accom in the heart of downtown Toronto. ADD CN Tower admission from $29.

Paris Air + 7 Nights from $769 + taxes & fees $427
INCLUDES accom near the Metro with full kitchen.

Thailand Air + 8-Day Tour from $1229 + taxes & fees $270
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Buenos Aires Air + 7 Nights from $1399 + taxes & fees $260
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Sydney Air + 9 Nights from $1418 + taxes & fees $409
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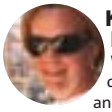
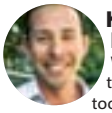
Word on the street

What "drives" you crazy behind the wheel?



Karen Heide
When people don't signal and when they cut you off on the road and then give you the finger.

Bruce Young
People on their cell-phones, because they're wandering around the road and not paying attention.



Kenneth Lopez
When people take things too personally. Drivers are so sensitive. You make a few mistakes and people just get so mad.

Natalia de Sousa
I ... hate when other drivers cut in front of you.

VANESSA YEE

Hot weather and road work driving Vancouverites mad

Having an aggressive personality predisposes drivers to rage, psychologist says ◐ Managing your expectations is the key to staying cool behind wheel

KRISTEN THOMPSON
@METRONEWS.CA

Massive construction-related traffic delays and hot weather are grinding peoples' gears on Vancouver roads, and drivers are venting their frustrations on those around them, according to a psychologist with ICBC.

John Vavrik said the reason most drivers freak out is that they feel they're being blocked from their goal.

"That triggers an angry reaction. Couple that with work and home stress, (and drivers) ... become aggressive."

JEFF HODSON/METRO VANCOUVER

▶ Traffic jams the Stanley Park causeway yesterday.

Vavrik said extreme road-ragers tend to think driving mistakes are intentionally directed at them, which makes them want to retaliate at other drivers,

"The emotion takes over and it overrides any kind of rational thinking, and you get out-of-control incidents, like where people get out of the car and start beating each other."

Vavrik added that when in their cars drivers feel a sense of safety because they're behind a barrier.

"If two people bump into each other in Safeway ... they say 'excuse me.' There's a direct personal interaction. In the car you're ... separate from the environment. You do things you wouldn't normally do."

60 seconds

▶ Michel McDermott

TRAFFIC TIE-UPS

"IT JUST IRRITATES EVERYONE TO NO END"

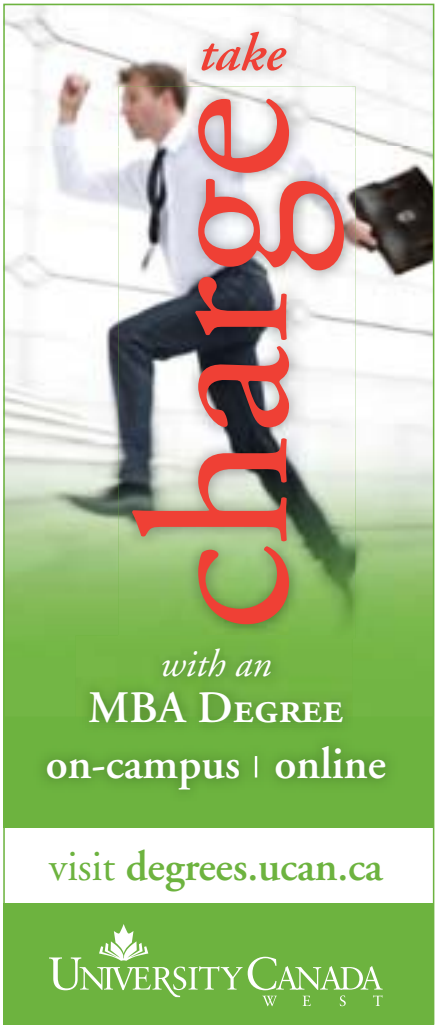
Michel McDermott, traffic host on Citytv's Breakfast Television, lists three of Metro Vancouver's most congested spots.

1. Highway 1 from Langley to Grandview Highway
"It's really bad because of sporadic construction due to the Port Mann Bridge project. There are different traffic pattern changes every day."

2. Westbound on Georgia Street, toward the Lions Gate Bridge
"It's just a mess right now, and it will be for a while because they're working on the Capilano River Bridge. There are 25- to 30-minute delays out of Vancouver ... It just irritates everyone to no end as they get to Capilano Road and see more construction."

3. Terminal Avenue and Main Street
"It's really slow because of repaving. But that should end soon."

KRISTEN THOMPSON



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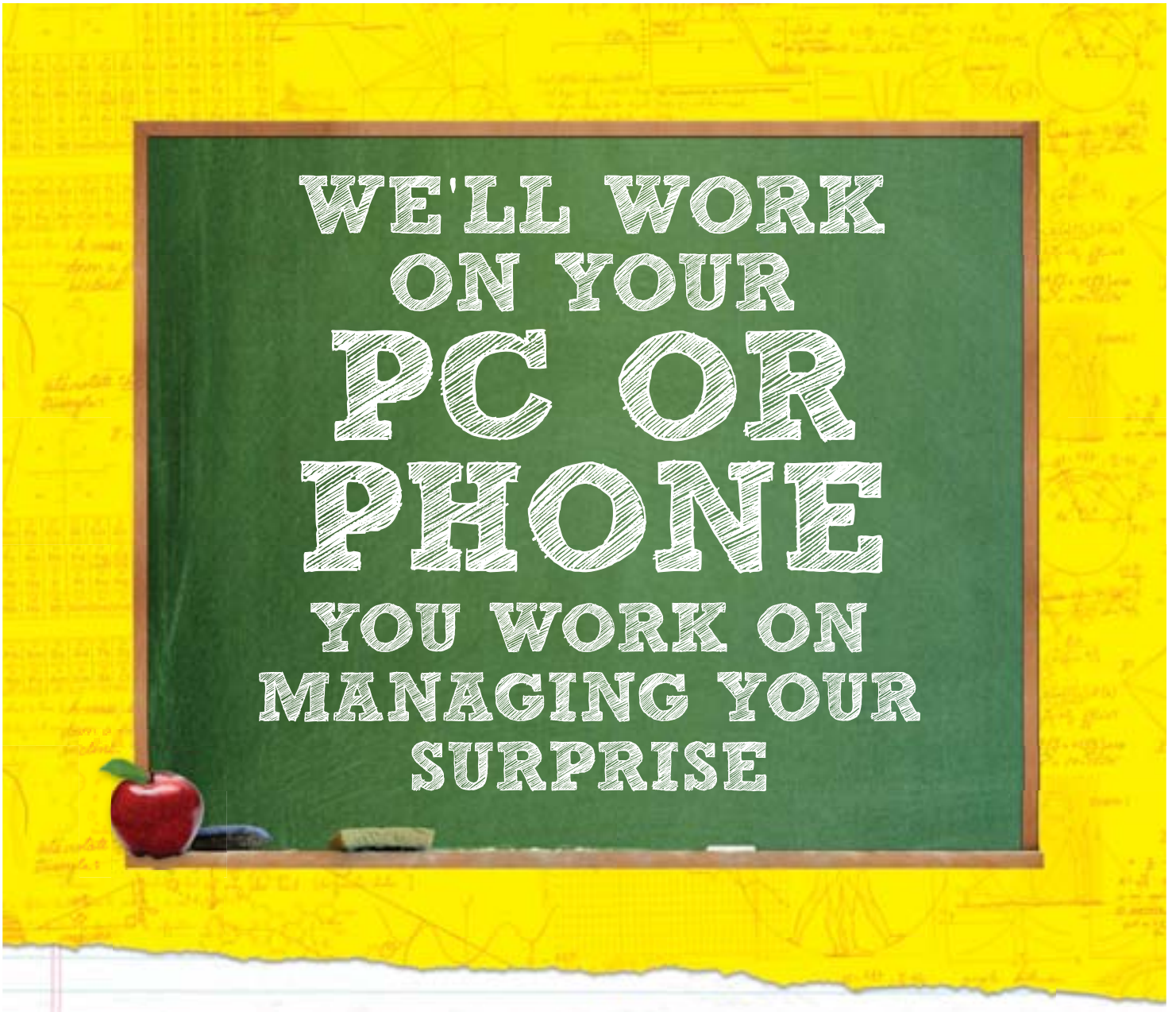

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EDUCATION

Teacher assigns terrorist attack

A high school teacher who assigned her class to plan a terrorist attack that would kill as many innocent Australians as possible had no intent to promote terrorism, education officials said yesterday.

The Year 10 students at Kalgoorlie-Boulder Community High School in the state of Western Australia were given the assignment last week in a class on contemporary conflict and terrorism.

The students were asked to pretend they were terrorists making a political statement by releasing a chemical or biological agent on "an unsuspecting Australian community," according to a copy of the assignment received by the newspaper.

THE ASSOCIATED PRESS

Insurgents strike Iraqi soldiers

Bombers and gunmen killed 55 Iraqis in two dozen attacks spanning the country yesterday, mostly targeting security forces in seemingly co-ordinated strikes the day after the number of U.S. troops fell below 50,000 for the first time since the start of the war.

THE ASSOCIATED PRESS

Two ocean storms gain strength

Tropical Storm Earl has formed in the open Atlantic Ocean, but the system is far from land. Earl has maximum sustained winds of 65 km/h and is expected to become a hurricane by Friday. In the Pacific, Hurricane Frank developed off Mexico's coast. THE ASSOCIATED PRESS

Mounties arrest two terror suspects in Ottawa

ADRIAN WYLD/THE CANADIAN PRESS

▶ Police leave a house yesterday following a raid in the west end of Ottawa. Following the raid, the RCMP arrested two Ottawa residents in relation to terrorist offences.

CSIS director alluded last month to possibility of domestic terrorism

The spectre of homegrown radicals hovered over the suburbs of Canada's capital city yesterday as police took two people into custody on terrorism-related allegations amid predictions more arrests were imminent.

By yesterday evening, no charges had been announced and police were refusing to divulge further details in advance of a news conference today.

"More arrests are anticipated," said a terse RCMP release.

The Mounties provided no details on the identity of the suspects, nor did they specify what the allegations are, other than to call them "in relation to terrorist offences."

Ottawa lawyer Samir Adam said he was contacted by a man arrested yesterday, but had not yet been retained as counsel and therefore could not discuss details.

Adam got the impression from police "it's a larger operation" involving a number of people. "How many? I don't know."

THE CANADIAN PRESS

"We hope that the accused will be tried with due process, the presumption of innocence, and with full guarantees that their constitutional rights will be protected."

SALMA SIDDIQUI, VICE-PRESIDENT, MUSLIM CANADIAN CONGRESS

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Rapist faces new charge: Stalking using Facebook

Sexual images were used to force woman to return to him, police say Man denies it, but remains in jail

A man has been accused of stalking an ex-girlfriend and trying to persuade her to come back to him by using a Facebook account he created in the name of another ex-girlfriend he raped.

Travis Allen Davis, 23, was arrested by police last week as he slept in a car outside his ex-girlfriend's home in Delmont, Penn., about 40 kilometres east of Pittsburgh.

Authorities said he was armed with a gun and a box-cutter.

Davis created a Facebook profile in the name of an ex-girlfriend he raped in Ohio, and he used the account to contact the Pennsylvania woman, authorities said.

Police contend Davis — pretending to be the Ohio woman — threatened to send sexually explicit images of him having sex with the Pennsylvania woman to her current boyfriend if she did not move back to Indiana "and pretend she wanted to be with Davis," police said.

Davis, of New Castle, Ind., also allegedly sent the Pennsylvania woman a video of him having sex with her.

Davis has pleaded not guilty and remained jailed yesterday.

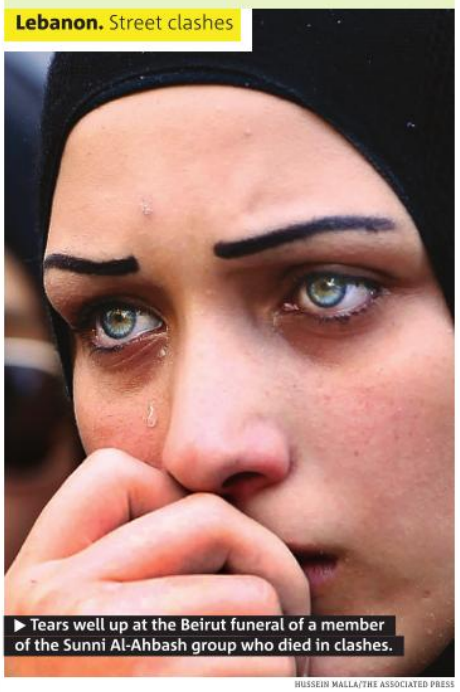
Export District Judge Charles Conway on Tuesday ordered Davis to undergo a mental health evaluation and raised his bail from $10,000 to $75,000

THE ASSOCIATED PRESS

Horror in Ohio

- Travis Allen Davis pleaded guilty to rape in Ohio earlier this month and is scheduled to be sentenced for that crime on Oct. 5, according to online court records.
- He was armed when he broke into the Ohio woman's home last year, handcuffing her and then raping her.

Lebanon. Street clashes



▶ Tears well up at the Beirut funeral of a member of the Sunni Al-Ahbash group who died in clashes.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Blood flows in Beirut

Lebanese soldiers and tanks have been deployed in central Beirut to restore calm after a Shiite Hezbollah group and a small Sunni faction fought street battles that left four people dead.

Taliban suspected in mystery gas attack

Dozens of students and teachers at a girls' school in Kabul, Afghanistan, were sickened yesterday by an unknown gas that spread through classrooms, officials said.

The incident was similar to earlier cases where scores of girls have been victims of suspected poisoning attacks.

Those have raised fears the Taliban and other Islamic fundamentalists who oppose female education are trying to scare them away from classes.

THE ASSOCIATED PRESS

Bisphenol out?

Canada is in the process of a historic move to add bisphenol-A to its list of toxic substances, Environment Canada confirmed yesterday.

The chemical, used in plastics, is suspected of affecting hormones.

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*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

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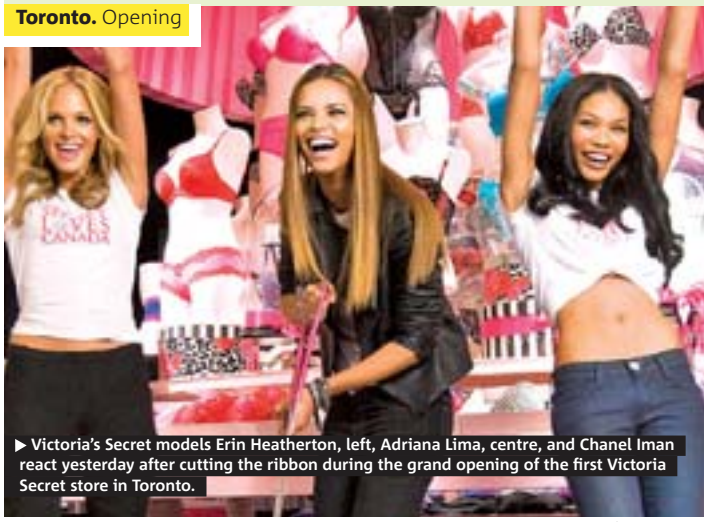
Toronto. Opening



▶ Victoria's Secret models Erin Heatherton, left, Adriana Lima, centre, and Chanel Iman react yesterday after cutting the ribbon during the grand opening of the first Victoria Secret store in Toronto.

NATHAN DENETTE/THE CANADIAN PRESS

Victoria's Secret is out in Toronto

App Inventor lets amateurs design apps

Once on the market, Google says anyone can make apps for their smartphones Possiblity to sell apps

Apple's artful marketing has helped convince many that there's already "an app for that" in the crowded virtual aisles of its App Store, which stocks about 250,000 apps and has processed more than five billion downloads.

But Google doesn't think that's necessarily the case, and is rolling out a way for the average person to make their own smartphone apps, a task that previously required a programming background.

App Inventor for Android is currently undergoing a limited beta test before going public and demand has been overwhelming for access to the program, said Hal Abelson, who's spearheading the project for Google.

Tutorials walk users through the process of making an app, like launching calls or text messages and using GPS data. THE CANADIAN PRESS

The new Skype?

Google is rolling out a new feature in Gmail that allows users to make free — or cheap — long-distance phone calls.

- Voice in Gmail lets users with a headset ring a landline or cellphone.
- Google says calls to any phone in North America will be free until at least the end the year.

HOUSING MARKET

Is owning a home a pipe dream?

25%
Home sales have fallen by 25 per cent since reaching a peak at the beginning of the year as fewer buyers compete and more houses come onto the market.

Canadian home prices are still on the rise even as sales fall as demand peters out, one factor that is making homes less and less affordable, according to a study by the Conference Board of Canada.

"Most of the costs associated with home ownership, such as mortgage costs and insurance, are outstripping inflation and income growth," said Conference Board associate director Michael Burt, who studies industrial economic trends.

THE CANADIAN PRESS

Oil-eating bacteria found in the Gulf

Scientists discovered a previously unknown type of oil-eating bacteria, which is suddenly flourishing in the Gulf.

The new microbe was discovered while studying the underwater dispersion of millions of litres of oil.

And it works without significantly depleting oxygen. THE ASSOCIATED PRESS

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WHAT WOULD DR. SEUSS PRESCRIBE?

He says ...

JOHN MAZEROLLE

They say you shouldn't talk about religion and politics in polite company, but I think the idiom needs an update. The politics part is fine.

But among friends my age, speaking ill of the church is redundant, like bad-mouthing athlete's foot. Everybody is doing it. You're more likely to offend people by saying you didn't like the latest episode of Mad Men.

So I'd like to make a new addition to the don't-talk list. Remove: Religion. Add: Alternative medicine.

Different names, same nonsense.

Replace "Christianity is 2,000 years old" with "India and China are ancient cultures."

Replace "If you listen for Jesus, He'll speak," to "You have to believe it or it won't work."

Please note that me banging my head off the table in frustration shall remain the same.

First of all, there is no "alternative" medicine. There's medicine. Stuff works or it doesn't.

This is not a battle of West vs. East. Homeopathy started in Germany, for instance, and it's bunk.

Homeopathy is a good discussion point because there's no grey. It doesn't work, full stop.

It says water can "remember" what was dissolved in it if you just shake it up good. And that the more diluted something gets, the more powerful it is.

"If homeopathy was true, I'd drop a shot of vodka into my parents' pool, thrash around a little, and invite some friends over for the party of our lives."

If homeopathy was true, I'd drop a shot of vodka into my parents' pool, thrash around a little, and invite some friends over for the party of our lives.

But I've discovered it's not polite to say such things. It gets people upset.

Look, I don't care whether you agree with me. But people should be able to discuss it without getting personally offended or staring at their shoes like they're trying to untie them telepathically. How else does one get closer to the truth? Whatever that is.

My mother is a lay minister in the Catholic Church so I have a lot of experience with being friendly and loving when personal cultures clash.

She called me a few months ago and said, "We have something in common."

"You're unemployed," I said.

"Yes," she said. "Did somebody tell you?"

"No," I said. "I just couldn't think of anything else we have in common."

We laughed together at that — a long, hearty, satisfying laugh.

It was like medicine.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Not your typical tea party

Worth Mentioning

A dream's legacy

GETTY IMAGES FILE

A conservative rally this Saturday at the Lincoln Memorial on the 47th anniversary of Martin Luther King's famous I Have A Dream speech has renewed yet another tense national debate in the United States about race relations and the Tea Party movement.

Fox News personality Glenn Beck said his event, called "Restoring Honour," is meant to "recognize our First Amendment rights and honour the service members who fight to protect those freedoms."

He has vowed the rally will be "one for the history books" and will represent a "turning point in America."

Beck has long infuriated liberals in the U.S. But his comments about the civil rights movement in advance of this weekend's rally have fanned the flames of outrage even further.

Beck, considered by many the spiritual leader of the Tea Party movement, said the rally will "reclaim the civil rights movement," which he described as having been "distorted" and "turned upside down."

Brittney Cooper, a professor of gender and race relations at the University of Alabama, called Beck's remarks a slap in the face not just to African-Americans, but to King's legacy.

THE CANADIAN PRESS

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Metro Minute with dinosaurs

WALKING WITH DINOSAURS

▶ Mama and baby Brachiosaurus.

After 65 million years of being extinct, the Stegosaurus and Tyrannosaurus Rex return to life tonight — well, almost — in the stunning theatrical event, Walking With Dinosaurs. Originally created for an award-winning BBC series, the life-size creatures are taking over the Rogers Arena floor.

Watch them walk, hear them roar, and marvel at their 200-million-year domination of life on Earth. From the ripple in their skin to the glint in their eyes, it will seem as though the dinosaurs really have returned.

Walking With Dinosaurs runs until Sunday with seven shows in total. For tickets, visit ticketmaster.com.

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2 scene

News in brief

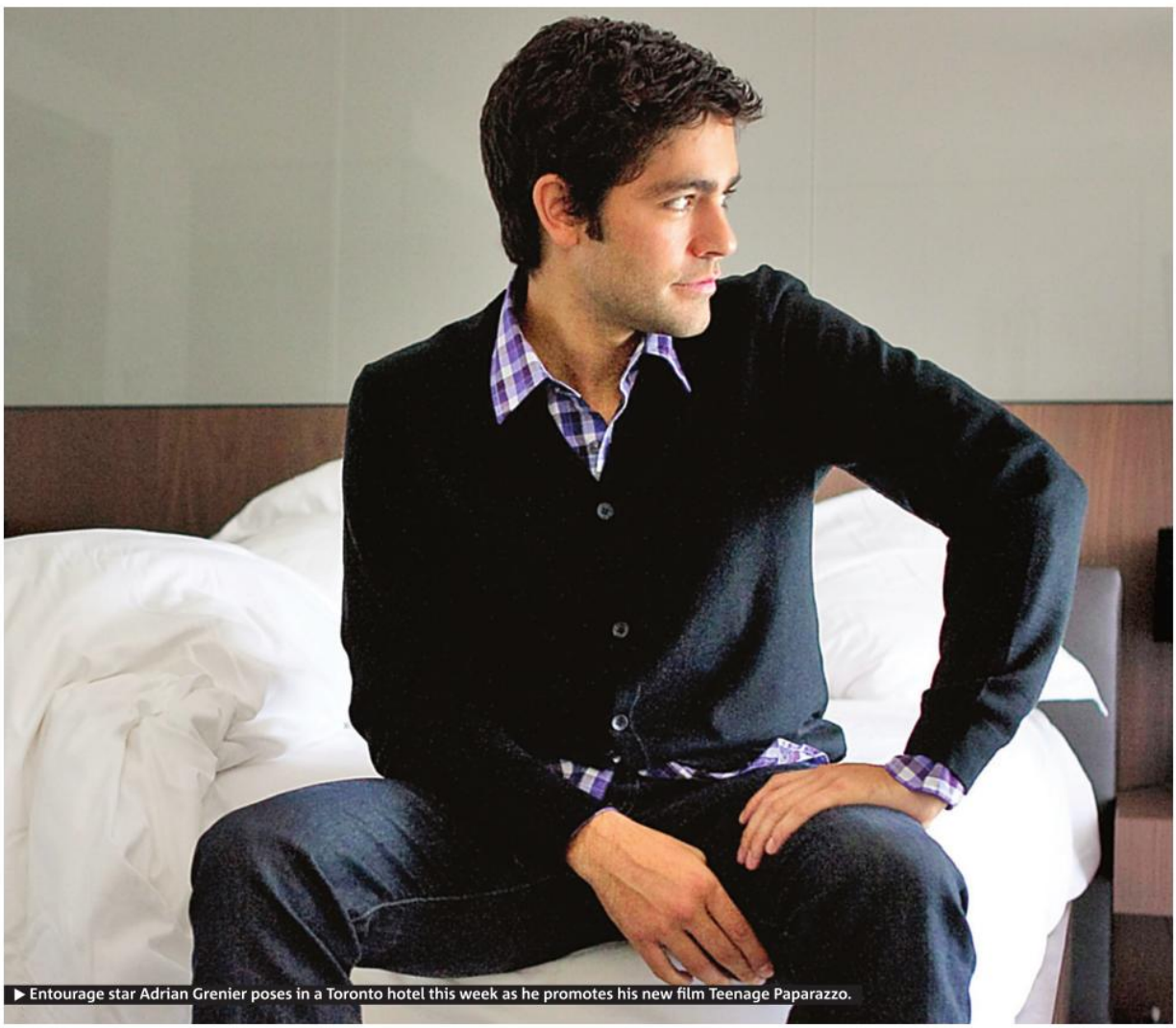
A federal judge has ordered a Connecticut talent agent to pay nearly $1.2 million US to a concert promoter for failing to produce Justin Timberlake for a concert in the Philippines.

In a lawsuit in Connecticut, Arnold Vegafria, president of ALV Events International, contends he paid Kofi Degraft Johnson to showcase Timberlake at a concert in 2008. But the singer never appeared.

THE ASSOCIATED PRESS

SCANLIFE

Guess who Susan Boyle will be singing for now?



▶ Entourage star Adrian Grenier poses in a Toronto hotel this week as he promotes his new film Teenage Paparazzo.

The life and times of celebrity teens

▶ Entourage star Adrian Grenier goes behind the camera to film Teenage Paparazzo ▶ Documentary probes the cogs that turn the fame machine

STEVE GOW
SCENE@METRONEWS.CA

As actor and director Adrian Grenier states in his new documentary, he's a celebrity … or at least he plays one on TV.

In fact, portraying Hollywood star Vincent Chase on HBO's Entourage has given Grenier valuable insight into the subculture of the paparazzi. But when he met a tenacious 13-year old celebrity pap named Austin Visschedyk, the bizarre encounter inspired the actor to investigate the cogs turning the fame machine in Teenage Paparazzo.

Metro caught up with Grenier to discuss the documentary (opening Friday in select theatres and airing on HBO Canada on Sept. 27), his pubescent subject and how starring on Entourage has changed his life.

Teenage Paparazzo is a really interesting movie. It ends up places that, at the outset, you don't expect it to go. Did you have any idea when you started out how involved this was going to get?

Well, that's life. That's one thing about documentaries that I absolutely adore — that they really do capture the twists and turns of life if you let it. All you have to do really is point your camera at the world, ask a question and suddenly you're taken on this journey.

At what point in getting to know Austin did you realize that you had something?

I knew it would at least be interesting based on the fact that this kid was so compelling as a character. But it wasn't until I started to explore the philosophy and the ideas of celebrity that it really became interesting to me because it wasn't just a narrative … it was also a deconstruction of this culture that has coveted celebrity and embraced this young boy's decision to become a paparazzo.

This film seems to be spun off your role on Entourage. What has playing Vince Chase done for you as an actor?

It's been a really enjoyable experience. Before Entourage I was very serious and pretentious and I only wanted to do dark indie films filmed in New York in the winter. So thanks to Entourage I found a little bit of humor in my life and I've been able to have a little more fun. Vince taught me to laugh.

Teen Stars

Some of the celebrities that appear in Teenage Paparazzo:

- Paris Hilton
- Lindsay Lohan
- Matt Damon
- Lewis Black
- Alec Baldwin
- Rosie O'Donnell
- Whoopi Goldberg
- Eva Longoria
- Michelle Rodriguez

Album reviews A classic ◍◍◍◍◍ | Buy it ◍◍◍◍ |
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Perry almost lives up to packaging

Katy Perry
Album: Teenage Dream
Label: Capitol/EMI
◍◍½

One of the advantages of the iTune age is that 14-year-old boys can download the new Katy Perry album in the privacy of their own bedrooms. They need never suffer the embarrassment of asking for an over-the-counter copy. Unfortunately, the web version is not near as much fun as handling the real thing (we mean, of course, the CD), which features an alluring shot of Ms. Perry wearing nothing but a whisp of candy floss.

The more adventurous will even sniff the cover which is scented with a bubble gummy eau d'floss (no kidding). Welcome to the age of porno-pop. Katy is every teenage boy's dream. And she milks the tease for all it's worth.

The double entendres of California Gurls have supplied radio with comfort candy for weeks. Katy continues the onslaught on Last Friday Night by getting trashed, going skinny dipping and jumping into a threesome. And the peak-show chant in Peacock has nothing to do with brightly plumed birds. Better still is Circle the Drain where Katy chastises a drug-addled rock star for falling asleep during foreplay. With the writing/production team of Max Martin and Dr. Luke at the helm, the music is almost as good as the packaging.

Outstanding track: Circle the Drain

◍ GRAHAM ROCKINGHAM

Fantasia
Album: Back to Me
Label: Sony Music
◍◍◍

Good pop music should always have a sing-along quality. Yet it's hard to imagine teenage girls skipping along the street sweetly singing along to I'm Doin' Me, the opening track on Fantasia's latest CD. Okay, we get the girl empowerment stuff, but the phrasing is a tad too uncomfortable to enjoy. The former American Idol champ fares better when exploring a more retro soul sound on tracks like Bittersweet and I'm Here (from the Color Purple).

Outstanding track: I'm Here ◍ GRAHAM ROCKINGHAM

Klaxons
Album: Surfing the Void
Label: Universal
◍◍◍½

It's taken the Klaxons three long and trying years to follow up Myths of the Future, the U.K. band's successful debut. They band actually wrote an earlier disc, but scrapped it. For this version they teamed up with Ross Robinson, Korn and Limp Bizkit's producer. That might seem strange, but it worked. The new disc is a loud, aggressive collection of thick rock, pop hooks and complex psychedelia.

Outstanding track: The Same Space

◍ BRYAN BORZYKOWSKI

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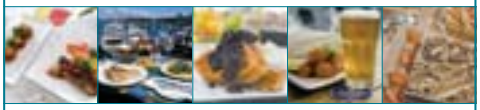

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09/10 • 587

Drew goes the distance in new romantic flick

- Latest film pairs her with ex-boyfriend Justin Long
- Character is departure from previous 'cuckoo' roles

Drew Barrymore has had some duds for onscreen partners in romantic comedies — not that she's about to name names.

"The worst is when you're kissing someone who is not a good kisser, and you're trying to make it look good, and you feel like you're just working on your own," she says.

Luckily her latest film, Going the Distance, pairs her with someone very near to her heart: Ex-boyfriend Justin Long. "It was just lucky for me because he's a good kisser, so it was like, 'Thank God,'" Barrymore says of Long.

The film finds Barrymore and Long playing young lovers forced into a long-distance relationship when she returns to San Francisco to finish school.

▶ Drew Barrymore

For Barrymore, starring in a film with a more modern female lead instead of just more of the same was a huge pleasure.

"I just wasn't in that sort of place in my life where I wanted to play a cuckoo, wacky role-reversal sort of scenario," she says. "I wanted to play someone who can hang out with guys and loves women, but has spine and is funny. I feel like I relate to that kind of person in my life right now."

Another appealing aspect of Going the Distance was the impressive supporting cast, including comedic talents like Christina Applegate, Saturday Night Live star Jason Sudeikis and Charlie Day from It's Always Sunny in Philadelphia.

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‘Been through hell,’ says Elin

Woods’ ex-wife opens up to People magazine She says she never hit him that Thanksgiving night

GETTY IMAGES

Elin Nordegren

Tiger Woods’ ex-wife Elin Nordegren said she has “been through hell” since her husband’s infidelity surfaced but she never hit him, according to an interview released Wednesday.

Nordegren told People magazine she and Woods tried for months to reconcile the relationship. In the end, a marriage “without trust and love” wasn’t good for anyone, she said.

On Thanksgiving night outside their Florida home, Woods drove his SUV over a fire hydrant and into a tree, setting off shocking revelations that sports’ biggest star had been cheating on his wife through multiple affairs. The couple officially divorced Monday.

Nordegren told People that she never hit Woods on the night of the car crash.

“There was never any violence inside or outside our home,” she said. “The speculation that I would have used a golf club to hit him is just truly ridiculous.”

Nordegren said Woods left the house that night and when he didn’t return after a while, she got worried and went to look for him. She said that’s when she found him in the car.

“I did everything I could to get him out of the locked car,” she said. “To think anything else is absolutely wrong.”

The magazine said the interview was conducted over four visits lasting a total of 19 hours at the rented Windermere, Fla., home where she now lives with their two children.

“I’ve been through hell,” said the Swedish-born Nordegren, who began losing her hair in the days before the divorce became final. “It’s hard to think you have this life, and then all of a sudden — was it a lie? You’re struggling because it wasn’t real. But I survived. It was hard, but it didn’t kill me.”

THE ASSOCIATED PRESS

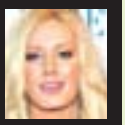
Celebrity tweets

Dax Shepard **[@daxshepard1]** My body has started giving me hints that a chicken-only-diet might not be the healthiest trail to blaze. I’m auditioning some greens.

Jeremy Piven **[@jeremypiven]** Not how hard you hit, it’s how hard u can get hit that makes the difference in your life....

Ashley Greene **[@AshleyMGreene]** Waking up Anytime before 5 AM for work just doesn’t seem right. Brutal calltime this Morning. METRO

Heidi Montag **[@heidimontag]** swimming in the ocean! i hope dolphins swim next to me



Talking points

Timberlake likes his privacy

ADULT TREEHOUSE? Apparently Justin Timberlake didn’t think his $5 million home in the Hollywood Hills home was private enough, so he reportedly built an upscale treehouse in the backyard, according to the National Enquirer. “Justin’s still a kid at heart. He had the tree house built so he and his buddies could escape to drink and play cards,” a source says. METRO

After just 22 days in rehab, Lindsay Lohan is a free woman, checking herself out of the UCLA Medical Center after the new judge in her case, Elden Fox, agreed that she could go home, according to People magazine.

Lohan’s previous judge, Marsha Revel, had wanted the actress to serve the full 90-day rehab sentence. “She’s out and she’s doing really well,” a source says of the actress.

METRO WORLD NEWS

Lindsay Lohan

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Student Cents

Keeping track of your money is empowering – and that's important throughout your school year and your life.

BUDGET WISE: the adventure begins in September

When Kate Jackson, 20, moved into an apartment with friends in her second year at St. Francis Xavier University in Nova Scotia, she started to keep better track of her money.

As a freshman, the Bachelor of Arts student had lived in residence with a meal plan. But having to pay rent and buy food, "I became a more conscientious buyer. When it came to groceries, for example, I gave myself a $40 weekly budget. I started to pay close attention to specials and buy the less expensive brands. I also cut out junk food."

"Having a budget is the difference between being passive about the way you spend money and really understanding your full flow of cash," says Kavita Joshi, Director, Student Markets at RBC.

And, a budget doesn't mean you can't enjoy yourself. Going to school is a wonderful adventure – and you should enjoy it. "What's important budget-wise is that you learn to manage the money you have, not just monitor it."

Joshi says it's easy to buy a $2 cup of coffee from Starbucks – and not really pay attention to the purchase. "But when you add that daily $2 coffee to the $7 lunch that you buy five days a week... it's comes to almost $200 a month! When you are cash-strapped, that's a lot of money."

Says Joshi: "A budget is about making informed decisions and living within your means. But you can only live within having x number of dollars every month if you know how much you need and how much you have."

Kate Jackson, a Bachelor of Arts student at St. Francis Xavier University, prepares to sing in front of other students and her professor during a weekly performance class.

HOW TO BUDGET

1. Make a list of income from all sources (from parents, loans, bursaries, jobs, etc).
2. Make a list of expenses ('must have's' such as tuition, books, rent and food; and 'want to have's' such as eating out and clothes; put an emergency fund amount on this list too).
3. Add up each list. If there is a deficit, look at ways to reduce spending and/or increase income. If there is a surplus, it may be a good idea to invest that money. A financial advisor can help in both cases. "Remember, the more you practice sticking to a budget, the better you get at it," says Joshi.

SHOP SMART: Plan Your Purchases

There are lots of ways to spend less money, and you can still get what you need – and enjoy life!

- *Shop at discount grocery stores. Always make a list of what you need to buy (plan meals so you're not picking up items randomly).*
- *Use discount coupons for food items, restaurants, theatres or sports events.*
- *Take advantage of student discounts. For example, RBC Royal Bank sponsors the Toronto International Film Festival Film Circuit program and provides student specials. Some schools have discounted student lots – you may have to walk further to park your car, but you save money.*
- *Buy second-hand books.*
- *Buy on sale. Wait, watch and buy what you need when the prices are slashed.*
- *Negotiate. Sometimes a retailer will give a small discount (if you pay in cash, for example).*
- *Find the best deal by taking the time to compare prices.*
- *Shop at garage sales.*
- *Find fun and funky clothing at thrift shops and seconds stores.*
- *When buying a big ticket item (such as a computer or car), give yourself a 24-hour cooling period and make sure you really want/need the item.*
- *If you have a meal plan, use it. Avoid fast food or snacks off campus.*
- *Use Rewards programs. For example, some credit cards earn Rewards points.*
- *When eating out, go to eat-all-you-want restaurants and special meal nights (cheap wings and beer).*
- *Be especially aware of false economies, says Joshi. For example, if you skimp on groceries but eat out almost every night, or if you skip a transit pass but spend a lot on expensive cab rides, you're probably blowing the budget.*

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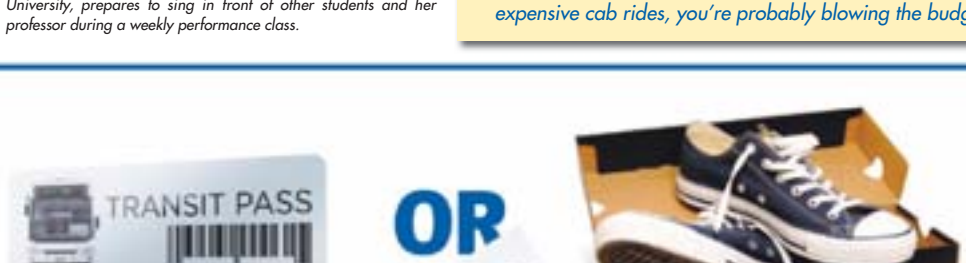

¹ Offer refers to the RBC Student Banking account with no monthly fee, 25 free debit transactions a month and a no annual fee credit card. Or, open the RBC No Limit Banking for Students® account and your monthly fee will be fu

▶ Ken Downing said that what he is on the lookout ar are items a woman does not have already in her wardrobe, especially since women have been more selective in their purchases during the recent economic downturn.

Fall fashion forecast

Ken Downing keeps an eye on what might be influencing designers
Every year people look to him for his fashion predictions

Ken Downing says the forecast calls for pantsuits, capes, fur, lace and, oh yes, feathers.

If women are skeptical that they will be wearing a frothy shirt of lace beneath a tailored pantsuit or shoes trimmed with feathers this fall, they shouldn't be. Downing, luxury retailer Neiman Marcus' fashion director, has been digesting designer offerings from New York to London to Paris to Milan to come up with a list of trends sure to get people running to the mall.

"I really create the attitude and the message and the mood of the season that the company will be following"
KEN DOWNING

"I really create the attitude and the message and the mood of the season that the company will be following," Downing said.

His fashion forecast is then integrated into everything from the Dallas-based company's marketing message to what buyers look for to how mannequins are dressed. To create that trend list, Downing watches for recurring themes at fashion shows around the globe. Then he checks out whether designers are producing enough of those trendy items he has honed in on to fill store racks.

"We start to talk about do we have the critical mass to make these bold predictions?" he said.

For instance, he said, "If we believe in green, we need to have green everywhere." (This fall, by the way, green will be everywhere, he says, especially in the military-influenced olive.)

Boots of all heights are also in the fall forecast, he said. And a structured handbag is a must, not to mention pearls, "ropes and ropes" of them. Also, he says, keep an eye out for capes and vests.

THE ASSOCIATED PRESS

▶ Ken Downing

How to know

Fashion forecast Downing travels to Neiman Marcus stores across the country to talk to customers about the coming fashion forecast and get their comments.

3 life

No fashion lover's coffee table is complete without Chanel, by Edmonde Charles-Roux (Vendome Press) Consider this biography by former Paris Vogue editor-in-chief Edmonde Charles-Roux a must for any fashion lover's library. METRO

For more articles on fall fashions, scan this code or visit metronews.ca/style

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New bags full of fall tricks

Grab the latest bag and carry it into fall with style

The hottest bags for fall are fit for a lady.

Replacing the large, heavily embellished bags of recent history are vintage-inspired ladylike models topped off with a handle or two.

The style offers a feminine contrast to fall's menswear-inspired details like strong-shouldered jackets and complement the longer-length '50s style skirts being turned out in pinstripes and plaids.

"The new direction for handbags this season is a return to a structured, ladylike bag," says Ken Downing, senior vice-president and fashion director of Neiman Marcus.

"The new direction for handbags this season is a return to a ladylike bag"
KEN DOWNING

"With the sharp tailoring and appreciation for men's tailored details, the structured bag is the go-to bag."

These bags all look right with of-the-moment fashion, but also go well with just about everything in your closet short of formal eveningwear, says Julia Kalachnikoff, accessories director for Lucky magazine.

All retro in look, they are versatile enough for jeans but go through cocktails, she says.

Some of the latest options from designers such as Marc Jacobs, Louis Vuitton and Prada recall the bags carried by gloved hands in the middle of the last century. Today's versions, though, are anything but stuffy, and there's plenty of room for all of your stuff.

THE ASSOCIATED PRESS

MARC JACOBS/THE ASSOCIATED PRESS

▶ The Marc Jacobs Cardboard Gene bag in brown

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Bank or budget

▶ Real-life application: Aviator jackets tend to add bulk to an outfit. Unless you're going for that extra large look, try pairing the jacket with clean, simple silhouettes like stylist Claire Richardson does here.

Two trendy aviator jackets, for two different fall budgets

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

These jackets actually combine two of fall's most visible trends in one. They've got shearling, which seemed to line just about every piece of outerwear that walked the autumn/winter '10 runways and look like they could have come straight out of Howard Hughes's wardrobe.

Their popularity means you can find one at any price.

The Aviator Jacket

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Denim or leather?

STEPHEN CHERNIN/THE ASSOCIATED PRESS

▶ Meaghan Martin, left, and Chloe Bridges, stars of Disney's Camp Rock 2: The Final Jam, discuss fashion trends while they shop at the Times Square American Eagle store in New York recently. The duo, friends in real life, took a tour of the busy Times Square store to point out their favourite trends of the season.

Metro interview

RAPID-FIRE FASHION

Do you like to wear basic black or bright colours?
Black — and white — for Meaghan Martin, maybe with a little salmon or orange thrown in. And Chloe Bridges prefers neutral tones of khaki and olive.

Stripes or plaid?
Stripes, definitely. Both of them.

Leather or denim jacket?
Bridges has a dilemma with leather jackets: Every time she thinks she finds the perfect one, she'll find another one that's even better.

On this day, however, she goes home with a jean jacket in her bag.

Martin would rather wear a boyfriend blazer — and that's just what she bought.

Flip-flops or sneakers?
"Do sandals count?" asks Bridges. Back in high school in New Orleans, she allows, she wore white Keds. Martin likes dressier, leather flip-flops, not plastic ones — and Sperry Top-Siders.

Messenger bag or backpack?
Messenger bags, for sure. Bridges says she carried the same black one throughout high school.

Martin had one, too, but switched to a leather tote somewhere along the line.

Preppy or skater?
At Martin's school in Las Vegas, the skater look was more popular than preppy, although her self-described "granny" style fit in better with the preps.

Bridges was preppy until she tried to make the switch to Vans and OP when she moved to California. "It didn't work out so well," she says with a smile.

THE ASSOCIATED PRESS

Few things get Meaghan Martin and Chloe Bridges going like a little back-to-school shopping. Never mind, they say, that as 18-year-old TV stars, they won't be milling the halls of any school this fall.

"I am obsessed with back-to-school shopping," gushes Bridges. "I would circle everything I liked and dog-ear the catalogues."

Martin would wear new clothes, head to toe. "I would be all dressy and then, by the last day of school, I'd be in sweats."

"I take trends with a grain of salt. Last fall we were told that skinny jeans were out, but I didn't stop wearing them."
MEAGHAN MARTIN

As Tess in Camp Rock, Martin wears a lot of bold colours and '80s-influenced, in-your-face costumes.

Martin says she won't be borrowing anything from the costume closet.

Bridges' character Dana is a little more earthy, and the actress says it's similar to her personal style.

The duo, friends in real life, took a tour of the busy American Eagle flagship store in Times Square to point out their favourite off-screen trends of the season.

For the expedition, Bridges wore khaki capris, a chunky off-the-shoulder sweater and high, caramel-coloured gladiator heels. Martin wore the skinny jeans that are the workhorse of her wardrobe with a cropped, caramel suede jacket and beige patent-leather pumps.

"I like the walk that heels give you," Martin says. "They give you confidence." But, unlike Bridges, Martin doesn't wear them on a regular basis.

She is a fan of fashion, although she only takes a few shopping sprees a year.

"But when I shop," Martin says, "I REALLY shop."

Martin's favourite look is lots of layers, noting racks of tiered tanks that featured a lacy inset on the back. She'd wear that with a plain, ribbed tank underneath and a cardigan on top.

Disney fun

- Meaghan Martin and Chloe Bridges are two of the fashion-conscious teens in Disney Channel's new Camp Rock 2: The Final Jam.
- The two actresses love shopping for back-to-school clothes. But the television stars won't be milling the halls of a school this fall.

"I take trends with a grain of salt," Martin says. "Last fall, we were told that skinny jeans were out, but I didn't stop wearing them."

Bridges' go-to piece is the button-down shirt, maybe a little wrinkled so it doesn't look too perfect or stuffy, but she's generally more comfortable in something a little more tailored than slouchy. "I feel uncomfortable in a sweatshirt. How ironic is that?" You'll find her at the mall more often than Martin, but she's more of a grazer. "I'll go often and not buy anything. Sometimes I'll see something I like on a mannequin and realize I have something like it at home."

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HOT, HOT FIREPLACE

Adorning the mantle with picture frames, vase and other accessories one of the best ways to add flare to your fireplace

HOMES IN STYLE

HEATHER BUCHAN
HOME@METRONEWS.CA

A fireplace is the focal point of any room, so it certainly shouldn't be an afterthought when it comes to decorating.

According to style maven Karen Kwinter — style editor at large for both Canadian Living and Homemakers magazines — the quickest way to add flare and interest to a fireplace is to adorn the mantle with cherished possessions.

"Whether it's a great collection of black-and-white picture frames leaning against the wall, or a bouquet of flowers in an interesting vase, placing items on the mantle will draw your attention to the fireplace immediately," she explains.

Kwinter says her favourite mantles usually feature a monochromatic palette of a mix of great antique and modern finds, layered amongst each other. "Maybe it's a stack of white lacquered boxes with black trim, bone horns resting beside them, a unique vase or sculpture, or a great clock," she adds.

The key is to contrast objects with flowing curves alongside those with strong angles in order to create visual movement. And candles always add warmth to the ambiance.

If you have a small room, Kwinter suggests hanging a framed mirror above your mantle running the full length; this will create the illusion of space and add light and dimension to the room.

Finally, if you don't have a working fireplace, Kwinter recommends placing a collection of candles inside the fireplace for a warm and inviting touch.

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1 URBAN BARN, $5
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2 URBAN BARN, $36-48
These shell-inspired ceramic Conch Vases in white and chrome finishes add a bright touch to any mantle whether filled with flowers or left empty as decorative accents; $36 (white), $48 (chrome); urbanbarn.com.

3 URBAN BARN, $16
Add a delicate touch to your mantle with this Metal Lace Candle Holder, available in green, black and white finishes; urbanbarn.com.

4 WEST ELM, $149
Open up a small space by hanging this Antique Tiled Mirror over or on your mantle; westelm.com.

5 POTTERY BARN, $49-129
Add a warm, rustic touch to a fireplace with these copper vessels from the Anatolia copper collection; potterybarn.ca.

6 CRATE & BARREL, $7.95
Add an organic touch to a fireplace vignette by displaying this nature-inspired Echo 4x6 Pillar Candle; crateandbarrel.ca

7 POTTERY BARN, $28-72
Displaying a collection of candles inside a non-working fireplace is made more elegant when the candles are placed inside these Avery Hurricanes; potterybarn.ca.

8 CRATE & BARREL, $39.95 (SET OF THREE)
Introduce a burst of colour with these high-gloss Zarha Vases which can be grouped together for real impact, or separated along a mantletop; crateandbarrel.ca.

9 WEST ELM, $19
These sleek monochromatic 13" Square Gallery Frames are the perfect backdrop in which to showcase your most treasured photos on your mantle; westelm.com

A Call to Action

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Ban Ki-Moon - UN Secretary General - during a visit to Pakistan last week

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The United Nations estimated a gap of US$460 million for the UN and the international community to implement a primary relief plan in response to the floods. The international community is making an effort to bridge this gap.

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Time to shine a little light

With summer slowly bowing out, it's goodbye to natural light Here are a few tips to becoming lamp-savvy once the darker days arrive

DECOR MOMENT

KARL LOHNES
HOME@METRONEWS.CA

It's that time of the year when daylight starts to disappear earlier and earlier in the day. Within the next few months we'll be without sunlight by the ride home from work. Now is the time to change up the lighting and wattage around the house to accommodate for the darker days over the next few months. Every room needs three types of lighting; overall, task and ambient. Here's a list of light sources and the wattage needed:

Ambient Lighting:

Creates subtle amounts of light that brighten a dark corner or illuminate a dark hall or entrance. A great light to have on when entering your home after dark. Wall sconces in a dining room, night lights in the hallway and hidden rope lighting under a bed or on a balcony. The bulb wattage should be between 15-30 watts.

Designer tip: Using LED candles can add ambient light and sparkle to a room.

Task lighting:

This strong, directed light helps get tasks done. A swing arm lamp for reading in the bedroom, under cupboard lighting to illuminate the countertops in the kitchen and the Hollywood bar lights to help put on makeup in the bathroom are all prime examples. The bulb wattage should be between 40-80 watts.

Designer tip: Every comfy chair should have a reading floor lamp beside it.

Overall Lighting:

The strongest of lighting, the entire room will be illuminated to help when painting, cleaning, or doing crafts. The centre ceiling light in the bedroom illuminates for making the bed, recessed pot lights in the living room wash light around perimeters and a ceiling fan light in the family room helps when playing board games. Strength of bulbs to use: 60-100 wattage.

Designer tip: If you don't have a light outlet in the centre of the ceiling for a light then use a floor standing torchier lamp to illuminate a room; it will shoot light up onto the ceiling and illuminate the entire room.

▶ Every room needs three types of lighting — overall, ambient and task.

Fun quotes

- "Ever arrive at work with one navy sock and one black one? Time to increase your lighting!"
- "I use 20 watt bulbs to look young, 60 watts for work and 100 watts for cleaning. Nobody ever looks young when they are cleaning."

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Forget van Gogh, art it up yourself

Get working on the canvas and don't be afraid to copy the greats, home design experts say

Our walls beg for art, but we don't have to.

With a little ingenuity, do-it-yourselfers can have chic artwork covering nearly any bare wall space. And not just any slapped-together art, mind you, but pieces that guests will coo over.

It can be done in hours with very little money. Home-design experts are brimming with DIY ideas to help anyone strike out artfully on their own.

Designer David Bromstad, who creates wall-art magic as host of HGTV's Color Splash: Miami, shares a few, basic pointers: Keep it simple. Have reasonable expectations. And copy, copy, copy.

"I cannot stress it enough: Be inspired by other artists and designers," says Bromstad. "Copy it. It's OK to do. That's what they're there for."

After all, beginning artists learn from copying the masters.

"That's how I learned how to paint (and draw). Van Gogh, Rembrandt — I copied them," says Bromstad.

French artist and textile designer Lola Gavarry takes the fear out of painting with her book DIY Art at Home (Watson-Guptill, 2010). Templates are included for some of the 28 projects, each of which offers a simple, contemporary design element. Gavarry walks DIYers through each project, and the steps are amply photographed.

From her home in Paris, Gavarry recommends finding a quiet place and taking a few practice runs.

"Make an initial test on paper to get comfortable," she says. "Don't worry about small imperfections. They are your marks."

THE ASSOCIATED PRESS

Different strokes

DIY decor art ideas from David Bromstad, host of HGTV's Color Splash: Miami.

- Buy several inexpensive canvases and acrylic paint. Consider using a high-quality, latex house paint. Artists often do, he says. Choose a simple design, such as stripes or geometric shapes, or paint each canvas a different colour. Hang the canvases like an installation — randomly, or in rows. The idea is especially good for kids and for apartment dwellers wanting to cover drab walls, Bromstad says.
- Another idea? Take a black-and-white photograph to a copier store that has rolls of oversize blueprint paper and have it blown up to a metre or so wide and as long as desired. As it enlarges, the photo will pixilate, adding interest.

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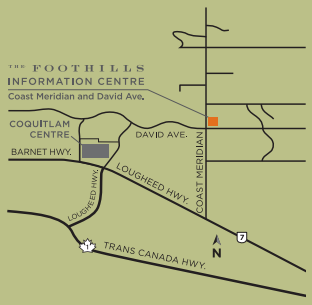

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THE FOOTHILLS
BURKE MOUNTAIN

THEFOOTHILLSATBURKE.COM

Minimalism in bathroom fixtures means simples architectural forms such as geometric shapes.

Minimalism works best for home spa

Minimalism was originally introduced as an artistic principle that focused on using a minimum number of colours, shapes, lines and textures. Designers and architects adopted the style, resulting in homes that were spare and simple, yet elegant.

Typically, these homes featured architectural forms, uninterrupted planes, and neutral colours.

As applied to home-spa design, the minimalist approach means maximum space, minimum fuss, and simple luxury. Surfaces are smooth, lines sculptural and sensual, and clutter is eliminated.

Fixtures and faucets are sleek and understated; the few accessories often include organic cotton towels and soft candlelight.

Professional spas are often too expensive and not always accessible, so here are some helpful tips that will turn any master suite into a tranquil getaway:

- The minimalist trend draws inspiration from nature. Simple home spas often contain gently flowing water, rich wood, and smooth slate. Colours are calm and neutral, in whites, beiges and grays reminiscent of natural elements such as clouds, sandy beaches, and river rocks.
- The strength of minimalism lies in the efficiency of what exists in the room. Because the room doesn't contain a lot of furniture or objects, each one needs to be perfectly chosen.
- Minimalism in bathroom fixtures means simple architectural forms; geometric shapes; smooth, sculptural lines; and low profiles. Baths and showers should be visually appealing and a pleasure to use.

NEWS CANADA

U.S. says Gulf seafood is safe, but, do you buy it?

THE ASSOCIATED PRESS PHOTO

▶ After being deemed safe, will customers buy Gulf seafood?

Shawn Mattiuz, manager of the Hapuku Fish Shop in Market Hall, a collection of upscale food purveyors in Oakland's bustling Rockridge district, has been watching the Gulf seafood saga play out in the ice-cooled trays of his display cases.

For a few days after the oil spill turned into a crisis this spring, demand stalled as "everybody freaked out," he said. Since then, he says concern has died down and he's selling about the same amount of Gulf shrimp as he did pre-spill.

"I get a lot of questions about it, definitely. They want to know if it's regulated," says Mattiuz. "The truth of the matter is from everything that I've read, it's more highly regulated now than it ever has been."

More Gulf waters are reopening to fishermen, and government officials say seafood cleared for sale has been thoroughly vetted. Whether consumers are buying those assurances — and the fish — remains to be seen.

Nationally, an Associated Press-GfK poll that surveyed 1,007 adults found that 54 per cent did not trust the seafood.

But Jimmy Galle, founder of Sausalito-based Gulfish LP and supplier to Hapuku and a number of upscale restaurants in the San Francisco Bay area and elsewhere, says his business has begun to grow again after a few lean months. "And the shrimp has been nothing less than spectacular lately," he said.

Ann Cashion, co-owner of Johnny's Halfshell in Washington, D.C., one of Galle's clients, sees concerns about Gulf seafood safety fading.

Cashion believes the testing is thorough, particularly because state officials are involved. "The state of Louisiana and the Gulf Coast in general has so much to lose if there is any kind of problem with any seafood, so I know the inspection is going to be thorough and is going to err on the side of (caution)," she said.

THE ASSOCIATED PRES

Blueberry Maple Bake

Ingredients :

- 1 loaf egg challah or other firm white bread
- 250 g cream cheese
- 500 ml (2 cups) fresh or frozen blueberries
- 8 eggs beaten
- 375 ml (1 ½ cups) milk
- 50 ml (¼ cup) maple syrup
- 50 ml (¼ cup) melted butter

Preparation:

1. Preheat oven to 180 C (350 F). Remove crusts from bread; cut in 2.5 cm (1-inch) cubes. Cut cream cheese into cubes (makes about 250 ml/1 cup). Grease a 23 cm (9-inch) square baking dish. Place half of the bread cubes in the dish. Scatter cream cheese cubes and about half of blueberries over the bread.
2. Top with remaining bread cubes and blueberries. In a bowl, combine eggs, milk, maple syrup and butter. Carefully pour over bread mixture. Bake until a knife inserted in the centre comes out clean, about 1 hour, covering with aluminum foil if edges brown too much. To serve, cut in squares.

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ALL PHOTOS JOAN CHANG/FOR METRO VANCOUVER

▶ You can't miss Panda Fresh Bakery's bright yellow school bus cart. Upper inset photo: Their ice cream croissant with matcha green tea ($5).

So, what's the best lunch cart in the city?

▶ The prosciutto & funghi slice ($3) at the Ragazzi Pizza Co. cart.

The City of Vancouver food carts are slowly popping up on sidewalks around the city I found a few where the city's website says they're supposed to be The results so far? Delicious, if you can find them

LUNCH RUSH

JOAN CHANG
FOOD@METRONEWS.CA

Panda Fresh Bakery

- Location: East side of 1300 Pacific Blvd. South of Drake St. (near David Lam Park)
- Hours of Operation: Sunday to Saturday noon to 7 p.m.
- Try? As soon as you can

Croissants are the new ice cream cones. This bakery-in-a-schoolbus only sells croissants and a fantastic a la mode.

Panda puts two scoops into their ice cream croissants ($5). It's a refreshing treat in one of the best and freshest croissants I've ever had. I hope this becomes a trend.

Their ham and cheese sandwich ($6) is also fresh and worth a try.

▶ Expect big lineups at the Re-Up BBQ cart.

The Re-up BBQ

- Location: East side of 700 Hornby St. South of W. Georgia St. (behind the Vancouver Art Gallery)
- Hours of Operation: Monday to Saturday 11 a.m. to 6 p.m.
- Try? Yes, if you have a lot of time

The lineup at this cart will leave you drooling and impatient.

I waited half an hour for their pulled pork sandwich ($6), the only thing on the menu.

But it was worth it.

Tons of pork pack the Portuguese bun. It's also jammed with coleslaw. The amount of smoky, tender meat is plenty to satisfy, especially after the lineup.

Ragazzi Pizza Co.

- Location: West side of 400 Burrard St. North of Pender St.
- Hours of Operation: Sunday to Saturday 11 a.m. to 3 p.m.
- Try? Definitely, if you love pizza

The cart is the street extension of the existing restaurant East 22nd Ave.

A slice of their prosciutto & funghi ($3) is heaven. Crispy thin crust topped with salty ham and button mushrooms is so good I risk getting tomato stains on my white shirt eating it and running down the street. It comes in a triangle shaped box for easy carrying.

Golf. (Young) women's action

▶ Michelle Wie watches her shot on the 10th hole yesterday during the Pro Am round of the CN Canadian Women's Open in Winnipeg.

TREVOR HAGAN/THE CANADIAN PRESS

Youth will be served at this week's Canadian Women's Open

The average age of the top-10 players heading into this week's CN Canadian Women's Open at St. Charles Country Club is 24. Japan's Ai Miyazato, the No. 1 player on the Rolex World Rankings list, is just 25. Players can't get their LPGA card until they're 18, but many are turning pro in their teens and playing on sponsors' exemptions. This week's tournament — the only Tour stop in Canada — begins today with a field of 156 players, including 48 of the top 50 on the money list. THE CANADIAN PRESS

NHLers at Games a mixed bag: Bettman

- Panel including NHL commissioner discusses sending players to Winter Olympics
- A decision on sending NHLers hasn't been rendered for 2014 Games in Sochi

Having heard several impassioned pleas from the floor and from members of his own panel, Toronto Maple Leafs general manager Brian Burke leaned into a microphone and raised his voice as he laid out reasons why the NHL would consider pulling out of the Olympics.

It had become the dominant issue at the world hockey summit yesterday in Toronto, beginning with NHL commissioner Gary Bettman's public appearance and continuing into the afternoon panel discussion. High-ranking officials from North America and Europe were drawn into several colourful exchanges.

And, as usual, none were more colourful than Burke.

"It's not that simple to get everyone on a goddamned plane and go over and play the games," Burke said.

"I want to go, and I think we should go. But for people to say, 'It's priceless,' it's not that simple. We have teams that are losing $30 million a year.

"Do you think they want me to stand up in a meeting and say, 'I don't want to hear about the problems. Let's get on a plane?' It's not that simple, and we're letting it become an emotional issue in this room."

The NHL has been sending players to the Olympics since 1998, and a decision has not been rendered for the 2014 Winter Games in Sochi.

"We haven't said 'no,'" Bettman said.

"And anybody who suggests that we've made a decision or suggests I'm anti-Olympics doesn't get it,because what we've been simply saying is, 'It's a mixed bag.'"

THE CANADIAN PRESS

New boss?

- Donald Fehr is set to become the new executive director of the NHL Players' Association, according to several media reports.
- Fehr, the former head of the Major League Baseball Players Association, has been involved with the NHLPA as an unpaid adviser since November.

Canucks sign Torres

Free-agent forward Raffi Torres signed a $1-million US, one-year contract with the Vancouver Canucks, the team said yesterday.

Torres split last season between Columbus and Buffalo, scoring 19 goals and getting 17 assists in 74 games.

He is expected to add a physical, scoring presence to the Canucks' third line.

Mitchell to L.A.

- The Los Angeles Kings have agreed to terms on a two-year contract with unrestricted free-agent defenceman Willie Mitchell. The defenceman played 48 games with Vancouver last season.

THE CANADIAN PRESS

Medical group seeking ban on MMA matches in Canada

The country's largest doctors group wants government to ban mixed martial arts, a sport it calls dangerous because of the risk of potentially lifelong injuries to fighters.

After often heated debate, about 250 delegates attending the Canadian Medical Association's annual meeting voted overwhelmingly yesterday for the organization to campaign for a ban of "mixed martial arts prizefighting matches in Canada."

Dr. Anne Doig, outgoing CMA president, said one of the primary responsibilities of physicians is to promote good health.

Tom Wright, who heads up the UFC's Canadian office, said the league is as rigorous as any professional sports organization when it comes to the health and safety of its athletes.

THE CANADIAN PRESS

4 sports

Quoted

"What's the biggest challenge? That's a good question. Every time you take over a team in a new situation, you're trying to change the mindset from hoping to win to expecting to win."
NEW BUFFALO BILLS COACH CHAN GAILEY

"This is a new beginning for everybody. To me, all the other sins are all kind of gone away."
GAILEY

Scan code for sports

Opinion

DAN TOTH
CFL EXTRA POINTS

NO SYMPATHY FOR FALTERING ESKIMOS TEAM

No CFL team's fall from grace would have been greeted with such glee as the Edmonton Eskimos' current freefall.

Everybody loves a winner, but lots of sports fans also enjoy watching a great franchise fall on hard times as the Eskies have done recently. The Esks' 1-6 record, complete with firings, resignations and nasty rumours, isn't garnering a whole lot of league-wide sympathy. Where the Green and Gold have faltered (in addition to the win-loss column) is in dealing with the CFL's salary cap, introduced just a few seasons ago.

There was a time when the well-heeled Esks, who enjoyed residing in the league's biggest stadium, which was always bursting at the seams with fans, could dole out untold cash for the game's best prospects.

But now, with a rigid salary ceiling in play, it takes football brains more than fiscal brawn to field a winner.

EAST DIVISION INTRIGUE

You never want to see a player get injured, and by all accounts Montreal Alouettes quarterback Anthony Calvillo will make a full recovery from a bruised sternum suffered last week.

That's great news, but the injury sure has added some intrigue in the East Division. While the Toronto Argos had already starting challenging Montreal for top spot, a prolonged absence of Calvillo will make for an even better race.

There was a time when the well-heeled Esks, who enjoyed residing in the league's biggest stadium ... could dole out untold cash for the game's best prospects.

With Als backup Adrian McPherson also injured, Chris Leak has assumed control of the offence.

Montreal doesn't play again until it visits the B.C. Lions Sept. 3, and that's good news for the Als. In 2001, the last time Calvillo missed a huge chunk of the season with an injury, the Als failed to win another game.

NO-HUDDLE OFFENCE

- Stampeders running back Jeffrey Reynolds, the CFL's reigning rushing champ, has moved into 10th on the league's all-time rushing list, passing Tracy Ham.
- Eskimos linebackers coach Dan Kepley's decision to resign without telling his players is just another shocking example of all that's gone wrong in the City of Champions.
- The Saskatchewan Roughriders are box-office dynamite wherever they play: Edmonton has sold 45,000 tickets for Saturday's game against the Roughies, significantly better than its season average of 31,763 in its first four home games at Commonwealth Stadium.

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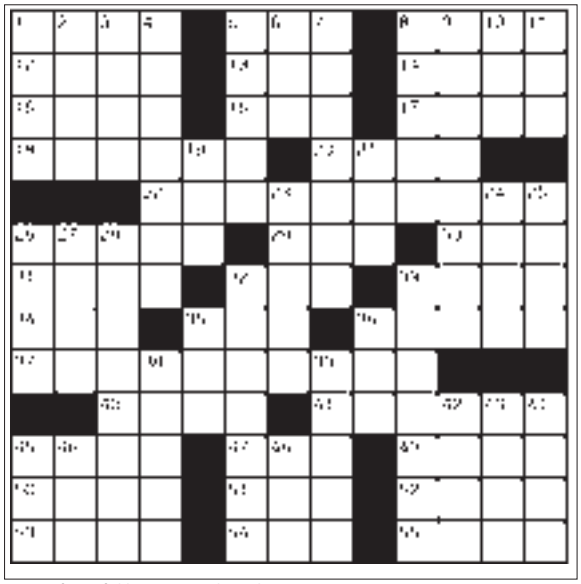

Across

1 Willy Wonka's creator
5 U.K. fliers
8 Humpty's perch
12 Cruising
13 Have a bug
14 Do as you're told
15 Wire measures
16 Sis' counterpart
17 Put together
18 Tropical fruit
20 Blueprint
22 Energy
26 Complains
29 Cowboy nickname
30 Rowing need
31 Actress Jessica
32 Unopened flower
33 Initial stake
34 Cover
35 Bobby of hockey
36 Foolish ones
37 Uncertain
40 Women'sgarment, for short
41 Parish head
45 Consumes
47 Lucy of "Charlie's Angels"
49 "The Music Man" setting
50 Rorschach picture
51 Journal
52 Congregational cry
53 Undressed
54 Navy rank (Abbr.)
55 For fear that

Down

1 Moist
2 Largest continent
3 Aid
4 Treat for Garfield
5 Morocco's capital
6 Melody
7 Failed, on Broadway
8 1981 John Lennon hit
9 Leaves in the lurch
10 Started
11 Caustic solution
19 "Of course"
21 Remiss
23 Driver's 180
24 Concert receipts
25 Tramcars' contents
26 Beer ingredient
27 Hodgepodge
28 Kidnapper
32 Reading matter for the blind
33 Unfriendly
35 Resistance unit
36 Census statistic
38 Hereditary status, perhaps
39 Pharmaceuticals
42 Heavy reading
43 Hasn't paid yet
44 Carry on
45 "Chicago" lyricist
46 Carte lead-in
48 Charged bit

▶ Yesterday's answer

Sudoku

7			3					
5	2			7				
		1				9	8	
	7		6		9			2
9			5		8			6
2			1		7		5	
	5	4				3		
				8			7	5
					6			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	1	9	4	2	3	8	7
3	4	2	1	8	7	5	9	6
7	9	8	6	5	3	1	4	2
2	1	6	7	9	5	4	3	8
9	3	4	2	1	8	7	6	5
8	7	5	3	6	4	2	1	9
4	8	7	5	3	9	6	2	1
1	5	3	8	2	6	9	7	4
6	2	9	4	7	1	8	5	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Cocoabean, I Love you soooo much. You mean the world to me. This has been the best almost 2 yrs of my life.
YOUR JELLYBEAN

Hi Mom, I know you read these every day, so I hope you don't skip over me ;) I love you very much and I am truly grateful for everything you do for me. Love always,
JOSHUA XOXOXOXOXOXO

Hey Bebisim Vefa, Next Monday will be our 2 yrs anniversary together. I love you more and more every single day.
XOXO YOUR NOODLED BOY!

Grasshopper, I'm really glad I helped kick-start your summer. Hope it ends with a blast for you. Missing our kissing-and-candy sessions...maybe there's more in store for us... time will tell ;-) k take care Handsome!! Sending love and light your way,
SUE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's time to put your plans into action. With the Sun and Pluto, planet of power, on the best possible terms, anything is possible now — even the impossible!

♉ Taurus April 21-May 21 Whatever it is you are thinking of doing if you act quickly and don't stop to analyze your motives or ponder the consequences you will succeed beyond your wildest dreams.

♊ Gemini May 22-June 21 Push yourself a little bit harder today, because one final effort could be all it takes to make the breakthrough you have been hoping for. Today's Sun-Pluto link will simply destroy obstacles in your path.

♋ Cancer June 22-July 22 This is one of the best times of the year for getting things done, so stop worrying about what might go wrong and start making things go right for yourself.

♌ Leo July 23-Aug.23 What you fear the most is what you have least to fear, and with the Sun, your ruler, on good terms with Pluto you won't fear a thing. Fate is about to make you an offer you cannot refuse.

♍ Virgo Aug. 24- Sept. 22 If your instincts tell you to go for something today you must not ignore them. If you hesitate you may miss out on something really good and spend the rest of the week kicking yourself for being so stupid.

♎ Libra Sept. 23-Oct. 23 This is hardly likely to be a restful day, but it will be a productive day and on balance that's what you prefer.

♏ Scorpio Oct. 24-Nov. 22 Today's Sun-Pluto aspect makes you intensely dynamic and intensely ambitious, and if those you share your life with were hoping for a relaxing day, well, they're going to be disappointed.

♐ Sagittarius Nov. 23-Dec. 21 Something unexpected will happen over the next 24 hours but it won't be bad news for you. On the contrary, the more disruption there is in your social sphere or at work the more you will benefit. Change is good for you.

♑ Capricorn Dec. 22-Jan. 20 You need to put your ego on hold for a while and work alongside other people as equals. If you can do that then the sky is the limit. You don't have to be the big boss in each and every situation.

♒ Aquarius Jan. 21-Feb. 18 Although both the Sun and Pluto encourage you to be more dynamic, something seems to be holding you back. Maybe it's the memory that the last time you tried you came off worst.

♓ Pisces Feb. 19-March 20 You won't stand for any of that nonsense about doing your duty or putting other people's needs first today.

SALLY BROMPTON

GENE J. PUSKAR/THE ASSOCIATED PRESS

Caption contest

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